

Shoreline

CHINFO Merit Award Winner



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Know the limits
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Next issue street date
Friday, June 30th
Submission deadline
Friday, June 23rd

Somebody's always watching in the Navy Exchange

By Bart Jackson
Navy Charleston Shoreline

Thinking about shoplifting in the exchange? You better think twice, no...make that three times, because the "eye in the sky" is watching you.

As the summer vacation time descends upon us, there are a lot of mischievous souls out there with not enough to do. Unfortunately some of them go down the wrong path. That path may lead to shoplifting and petty theft. If you have ever thought of shoplifting, you better think again when it comes to shoplifting in the Naval Weapons Station Charleston Navy Exchange.

Theft has become a Navy wide problem. However the staff and loss prevention specialists at the Charleston Exchange are aggressively addressing the problem. "We have the latest in video monitoring here at NEX Charleston," said Ben Barraro, Navy Exchange Charleston loss prevention manager. "We take a very pro-active stance when it comes to shoplifters here at the Exchange," said Barraro. "When we catch someone shoplifting, we turn them over to Security, no discussion. If they are to get a second chance, that's up to the judge."

The Exchange utilizes the latest in electronic surveillance and theft deterrent systems, 22 high-resolution cameras are positioned inside and outside the building. The cameras are monitored at all times, digital recordings are made, and an archive of the last 15 days is maintained.

Prior to the system coming online six years ago, the Charleston Exchange store posted losses of nearly \$100,000. Most of the losses were in tools, electronics and the package store. Since then, the NEX has reduced theft 65-70%. According to Barraro, the equipment has "more than paid for itself."

Unfortunately, during the summer months the



Photo by Bart Jackson

Big brother Ben is watching!

Ben Barraro, NEX Charleston loss prevention manager monitors security cameras in the control center of the Exchange security office

Exchange store sees a sizeable increase in the number of youth shoplifters. "It just breaks my heart to see young kids doing things like this," said Barraro. "My advice for parents out there" said Barraro is "never let your kids go to the Exchange alone, know who their friends are and who they are hanging out with because petty theft is not a game. I've been in the criminal justice business for 27 years," said, Barraro. "I've seen it all, and heard every excuse in the book, the bottom line is just don't do it!"

"We know that probably 99% of the people

coming through the door are good honest people, but there's always that 1% that we have to look out for," said Barraro.

So the next time you're in the exchange, and contemplating sticking that video game in your shirt rather than coughing up the 40 bucks, think again. The loss prevention team at the Exchange has their eagle eye on the entire store. A visit to the back seat of a military Security car while transported to the county jail makes shoplifting just not worth it!

Naval Hospital Charleston welcomes new CO

A new commanding officer took the helm of Naval Hospital Charleston on May 26 as Capt. Susan A. Widhalm, Medical Service Corps was relieved as commanding officer by Capt. Celia H. Horton at a change of command ceremony held at Charleston Naval Hospital.

Horton is a native of Newport News, Virginia. She graduated from James Madison University with a Bachelor of Science degree with a

double major in biology and medical technology and a minor in Chemistry. In 1977, she became board certified by the American Society of Clinical Pathology. In 1983, she was commissioned on Active Duty and reported to her first duty station at Portsmouth Virginia as a Laboratory Officer. Other commands have included Okinawa, Japan, Naval Hospital Camp LeJeune, and National Naval

Medical Center, Bethesda. Her last duty station was Naval Hospital Oak Harbor, Washington, as the Executive Officer. Captain Horton is the recipient of the following personal awards: Meritorious Service Medal with gold star and the Navy and Marine Corps Commendation Medal with gold star.

Captain Widhalm will retire after 30 years of active service. She will reside in Charleston, SC.



CAPT C.H. Horton



Naval Weapons Station Charleston



Mission

To enable warfighter readiness by providing base facilities, infrastructure and operational support to our tenant commands.

Commanding Officer
CAPT Gary W. Edwards
Executive Officer

LCDR Wesley S. Smith
Command Master Chief
CMDMC(SS) Bob Shannon

About the Shoreline

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Editorial Staff

Public Affairs Officer
Scott Bassett
Deputy Public Affairs Officer
JOI(SW) Brianna K. Dandridge
Editor/Graphic Design
Bart Jackson
PAO Staff
Ens. Kent Su
Ens. Ken Jew

Publisher

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Captain's Log

By Capt. Gary W. Edwards
NWS Commanding Officer



This marks the end of an era in Naval Weapons Station Charleston history. Our Executive Officer for the last 3 years, LCDR Wesley Smith, is transferring to the NROTC unit at the Citadel. He has been a mainstay of support to both our tenants and our Sailors and we will all miss him greatly. His advice and counsel has been indispensable to me; please join me in thanking him and wishing him well in his new job.

Also join me in welcoming his relief, CDR Greg Claiborn who comes to us after serving as the Waterfront Operations Officer at Submarine Base Kings Bay. He also served as Kings Bay's Acting Executive Officer for the last few months before departing for the Shore Station Leadership Seminar. Though he has big shoes to fill, CDR Claiborn is the right man for the job and it's great to have him with us.

Naval Weapons Station Charleston is like a small town, in fact I know folks who refer to it as "East Goose Creek." There are some very nice things about having a small, close-knit community like this. Our residents are very good about noticing and reporting things that don't quite look right. This is important both from the crime prevention and the anti-terrorism perspectives. In the last several weeks, we've had several great examples of residents reporting unusual items. Just the other week in one of our neighborhoods, a resident noticed a van parked partly in a driveway (and partly in the street) at a vacant family housing unit. A call to our Security department brought a patrolman to the scene and we ultimately learned that the van had been "taken without permission" by an underage driver whose mother in Summerville was very interested in the safe return of her son. A simple call very likely prevented a serious accident.

This unofficial "Neighborhood Watch Program" is a great adjunct to our security force and provides extra eyes for both deterrence against crime and enforcement of our security. It's even more important now, since as school ends, I have noticed that we have had an increase in some

minor crimes on base. We have seen an increase in bike thefts, some shoplifting at the Exchange, some trespassing in vacant housing units and a few other miscellaneous incidents. I use the word minor here carefully, because a minor crime can very well be a major item if it happens to you. You can help not only by reporting unusual activity, but also by locking your cars, by locking your bicycles and by knowing where your children are and what they are doing. Also, for those with children, check out MWR in general, the Youth Center in particular and the Chapel - each have positive programs to offer that may interest your children.

On a Safety note, this year's Critical Days of Summer campaign got off to the worst start since 2002, with four deaths Navy-wide over Memorial Day weekend.

So far this fiscal year, the Navy and Marine Corps have lost the highest number of shipmates to private motor vehicle (PMV) deaths in a decade and a half. This fact is borne out in statistics that show PMV mishaps at a 14-year high. The Naval Safety Center had projected two PMV and no recreational deaths for this year's holiday. There were three PMV deaths and one drowning.

In general terms, each year, 20 percent of deaths are caused by people not wearing seatbelts while driving, or helmets while riding motorcycles, and about 30 percent involve alcohol. Reckless driving, loss of control, and fatigued driving account for a large number of accidents and deaths. Stunts while driving or riding, like car surfing, popping wheelies, or dragging feet while accelerating down the road, cause obvious problems. I didn't know what car surfing was until preparing for this article - I have a hard time believing that people would actually try to ride on the exterior of a car like a surfboard - suffice it to say that we don't allow that here!

Part of safety lies in preparations. We are in the hurricane season now and the base is at Hurricane Condition of Readiness 5. Our last issue was focused on hurricane preparedness, but I want to briefly revisit the issue of personal hurricane preparations. Have your own checklist, and as a storm approaches, if you are staying in the area, consider your need for food, water and cash so that you can weather the hurricane recovery. Take control of your situation, and don't let it take control of you - preparedness is the key.

Enjoy the end of spring, and please stay safe, at work and at home.

Commissaries Remind Customers to be Prepared With Essentials

By Capt. Audricia McKinney
and Bonnie Powell,
Special to American Forces Press Service

FORT LEE, Va. (NNS) — Military families are being encouraged to "load up their pantries" as the Defense Commissary Agency launches an awareness campaign encouraging military families to keep nonperishable foods, water and other necessities on hand for emergencies.

DeCA is teaming up with the Armed Forces Emergency Services Branch of the American Red Cross to raise awareness of disaster preparedness throughout the military community.

The "What's in Your Closet?" campaign kicks off this month and is intended to get military families thinking about how prepared they are for a disaster. Customers will see posters and handouts in stores, and reminder buttons on employees. With the June 1 start of hurricane season, military families in coastal areas at home and abroad need to be ready, said Patrick Nixon, chief executive officer and acting director of the Defense Commissary

Agency. "We want to raise awareness of the need to keep emergency supplies on hand - and that shoppers can realize savings of 30 percent or more by using their commissary benefit to supply their emergency closet," he added.

The media has also heightened awareness of the possibility of a pandemic, an outbreak of infectious disease that has the potential to spread worldwide.

"Disasters can take on many forms," said Joseph Moffat, executive director, Armed Forces Emergency Services. "From blackouts to blizzards, to tornadoes and earthquakes, everyone should be prepared with enough emergency supplies to last seven days." Toward that end, Nixon said, posters in commissaries will list suggestions of supplies to have on hand. "The commissary disaster preparedness posters have a list of basic items people might want to consider," he said. "But there may be many more items such as shelf-stable milk or favorite snacks that people might want to include. This is simply intended to get people thinking and get them to take action - now."

Red Cross representatives will have the opportunity to provide commissary customers with information and answer questions about disaster preparedness. The type of information and events offered will vary according to location, and in some cases customers will also have the opportunity to sign up for volunteer services and classes, such as first aid or disaster preparedness, DeCA officials said.



Sailors Warned Of VA Data Compromise

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) — The Department of Veterans Affairs (VA) announced June 3 that active-duty Sailors may be affected by the theft in May of military personnel data.

According to the VA, a duplicate database with data files was stolen from a VA employee's home May 3. While the VA has received no reports that the stolen data has been used for fraudulent purposes, they are asking all veterans to be extra vigilant and to carefully monitor bank statements, credit card statements and any statements relating to recent financial transactions.

Several resources are available for people to go to for more information. The Department of Veterans Affairs has set up a special Web site (www.firstgov.gov) and a toll-free telephone number (800-FED-INFO or 800-333-4636) that feature up-to-date news and information on the data compromise. The site offers tips on how to check credit reports, how to guard against identity theft and whom to call if an individual believes any fraudulent activity is occurring using his or her personal information.

The Navy and Department of Defense are working closely with the VA to determine how many Sailors and other service members may be affected by the compromise of records. Sailors whose information has been compromised will be notified by a letter from the VA and the Navy so they can take the appropriate steps.

Tips on how to watch for suspicious activity include the following:

Closely monitor your bank and credit card statements for fraudulent transactions. Monitoring accounts online is the best way to detect fraud early.

Place a 90-day fraud alert on your credit report, which tells creditors to contact you before opening any new accounts or making any changes to your existing accounts. This action may cause some delays if you are trying to obtain new credit.

It is only necessary to contact one of three companies to place an alert. That company is then required to contact the other two.

The three companies are Equifax (800-525-6285, www.equifax.com), Experian (888-397-3742, www.experian.com) and TransUnion (800-680-7289, www.transunion.com).

Once the fraud alert has been posted, you are entitled to free copies of your credit reports. Review these reports for inquiries from companies you haven't contacted or accounts you didn't open. The alert can be renewed after 90 days.

Sailors are advised to take the following steps if they discover fraudulent accounts or transactions:

- Contact the financial institution to close the fraudulent account(s) that have been tampered with.
- File a report with the local police

department.

- File a complaint with the Federal Trade Commission by phone at 877-438-4338, online at www.consumer.gov/idtheft or by mail a letter to Identity Theft Clearinghouse, Federal Trade Commission, 600 Pennsylvania Avenue NW, Washington, DC 20580.



The monthly Captain's Call/Awards Ceremony was held May 30th at All Saints Chapel. Award recipients for the month of May are:

Length Of Service Award

Monique Kozak (20 Years)

Good Conduct Award

MA3 Jason Flowers
MA3 Ricardo Dow
MA3 Natalie Christianhill
MA3 Ivan Halstead
MA3 David Hickok
MA3 Joseph Broyles
SK2 Arreni Mullins

Letter Of Appreciation

Barry Wilson
Steve Gergick
Paulina Hill

Letter of Commendation

OS2 Marcus Drayden

Flag Letter of Commendation

MA2 Thomas Vasko
CS1 Ken B. Batten

Navy Commendation Medal

Lt. j.g. Catina McIntosh

NPTU's LCDR Hale receives ASNE Award

By Cmdr. Robert du Mont
Naval Nuclear Power Training Unit

Lt. Cmdr. William Hale, the Repair Officer at Navy Nuclear Power Training Unit, Charleston, was selected by the American Society of Naval Engineers (ASNE) to be this year's recipient of the Claud A. Jones Award. Hale was nominated for his work onboard USS Carl Vinson (CVN 70) by the ship's commanding officer, Capt. Kevin Donegan. Hale developed a way to accomplish corrective and planned maintenance normally performed during one long continuous Planned Incremental Availability (PIA) in 6 short maintenance periods.

Hale's CVN-70 plan is now being evaluated for applicability to the Navy's overall CVN continuous maintenance strategy. In addition, over two deployments, Hale coordinated over 20,000 man-hours of deployed ship checks and testing, work identification of over 33,000 jobs, and developed a Ship's Force Work package of one million man-hours. Hale achieved all of this while simultaneously ensuring that USS Carl Vinson had the lowest material deficiency rate in the fleet.

"CVN 70 found the continuous maintenance strategy

mandatory when [the refueling complex overhaul] was delayed a year and another deployment was added with no PIAs (Planned Incremental Availability) between deployments," said Hale. "Lessening the burden during PIAs and keeping CVNs in a higher continuous state of readiness, instead of peaks and valleys between PIAs, means a fleet better capable of responding on short notice."

The Claud A. Jones Award has been presented annually since 1987 to the fleet or field engineer who has made significant contributions to improving operational engineering or material readiness of our maritime forces during the past three years.

Admiral Jones' career spanned over 40 years, with the first 24 years largely spent on ships and with the fleet serving with distinction in engineering assignments. He was awarded the Medal of Honor for "extraordinary heroism in the line of his profession" as a result of courageous actions in 1916, while serving as engineer on USS Memphis, when his ship was wrecked by a tidal wave. The award will be presented to Hale at the annual ASNE Day Awards Luncheon that will be held on Monday, June 19 in Arlington, Virginia.



President Signs New Tax Legislation for Military Personnel

Special release from the U.S. Department of Defense

WASHINGTON (NNS) — On May 29, President Bush signed the Heroes Earned Retirement Opportunities (HERO) Act, which amends the Internal Revenue Code to allow service members to still exclude their military compensation from federal income tax, but also contribute to an Individual Retirement Account (IRA) while serving in a combat zone tax exclusion area.

Military compensation earned by members of the armed forces while serving in combat zone areas is excluded from federal income tax. Enlisted members and warrant officers exclude all such military compensation. Commissioned officers exclude up to the maximum enlisted pay plus imminent danger pay for the months they serve in a combat zone tax exclusion area.

The HERO Act is retroactive to tax year 2004. Therefore, members who did not make an IRA contribution during 2004 or 2005, because they were not eligible due to combat zone tax exclusion, have until May 28, 2009, (three years from the date of enactment) to make a contribution to an IRA for those years.



Road Closure Notice

The Foster Creek bridge on Poseidon Parkway will be closed for repairs this weekend June 10-11. Post 7 will be closed at this time and all traffic will be directed to Post 7B at the intersection of Liberty Hall Road and North Rhett Avenue.

Vacation Bible School

Vacation Bible School will be held at Good Shepherd Chapel from June 19- 23. There will be two sessions 0900-1130 and 1800-2030. If there are any questions please contact Mrs. Dru Pipkin at (843) 824-1626 or (843) 764-7222.

CDC Offers Preschool Playgroup

The Naval Weapons Station Child Development Center (CDC) is offering a playgroup for children ages 3-5 years old. The program is designed to be flexible in meeting the individual needs of each family. The playgroup is available Monday through Friday from 9 to 11 a.m., but you can choose how many days per week your child attends and even extend the time frame if necessary. For additional information, please call 764-7408. Only limited slots will be available so call today.

Safeguarding personal property

There has been an increase in the number of reports of missing personal property taken from driveways and carports in housing areas. Please ensure that all property is properly secured. Please take a moment to ensure that car doors are locked, bicycles are chained, and all valuables are secured. Report all missing items to the NWS Security Department at 764-7777.

All-Navy Golf Team Looking for Applicants

The Navy Sports Program is looking for Sailors who are interested in competing for a spot on the All-Navy golf team.

The team will hold tryouts Aug. 1-4 at Naval Support Activity Mid-South, Millington, Tenn.

The top six men and three women golfers at the Navy tryouts will comprise the All-Navy Golf team, which will compete in the Armed Forces Golf Championship Aug. 5-11 against teams from the Marine Corps, Army and Air Force at Vandenberg Air Force Base in California.

"There is no cost to the Sailor's command," said Golden. "Once an individual is selected, the Navy Sports Program will pay for all costs involved with participation in the program."

Sailors who meet these qualifications are encouraged to complete a Navy Sports Program application, which is available on the MWR Web site at www.mwr.navy.mil/mwrprgms/sports.htm. The application, which gathers basic command and personal information, must be signed by the individual's commanding officer.

Applications are due to the Navy Sports Office no later than July 1. Completed applications should be faxed to the Navy Sports Office at 901-874-6831. Applications may also be mailed to Commander, Navy Installations Command, Millington Detachment, Navy Sports Office, N221E, 5720 Integrity Drive, Bldg. 457, Millington, TN 38054-6510.

The Navy Charleston Shoreline



Photo by Bart Jackson

Taking the leadership role

Congratulations on a job well done to (from left) CS2(AW) London L. Woods, Sr., CS2(SW) Carl J. Frank II, MA2 Phil Rogers Jr., and YM3 Salvador Vilardo on their recent advancements in rank, Bravo Zulu!



photo by Glenn M. Cox

National Bike Month culminates with drawing

May was National Bike Month and the NWS Library stressed bicycle safety awareness by giving away free handouts about bicycle safety and sponsoring a bicycle helmet drawing. The NWS Library congratulated the winners of this year's bicycle helmet drawing after a recent drawing. The winners were (from left) Kierstin Hargis, Riley Riewerts, Jasmine Gregg and Jannah Placek. Happy bicycling!

www.nwschs.navy.mil

FFSC & Demuth campaign against payday loans and debts

By JO1 (SW) Brianna K. Dandridge
Navy Charleston Shoreline

Ann Demuth is angry. She is angry at the number of payday loan companies in South Carolina. She sees too many clients that are in deep debt and have accumulated high interest loans with payday loan companies. She thinks that these companies are one of the biggest culprits for out of control debt. Too many service members have utilized local payday loan companies in her opinion and she wants to put a stop to it.

Why? Payday loans are typically small-dollar, short-term, unsecured loans that borrowers promise to repay out of their next paycheck. When the loan isn't repaid in the two-week loan period, the interest compounds, and a small dollar loan can result in a debt of thousands of dollars after a few months.

According to internet website www.bankrate.com, payday check services have been outlawed or severely curtailed in 13 states, and 25 others have usury statutes prohibiting exorbitant interest rates.

Unfortunately, S.C. law allows payday lenders to charge 15 cents for every dollar borrowed. That's can be an annualized interest rate of 391 percent or more. Demuth's message is simple. "I would like to do more prevention. Which means taking charge of your money and trying desperately to live within your income."

When service members and families find themselves in need of fiscal help they can turn to a budget expert. As financial educator counselor for the Family Service Center she has a lot to give. "But we don't give out money," said Demuth. "What we do is help people budget and manage their money."



File photo

Demuth does provide sound advice that is built on years of experience. She is a former college professor and taught consumer economics in New Jersey for 15 years. Now the Station is benefiting from her knowledge of fiscal responsibility.

She has a lot of suggestions and can offer several options that do not include payday loan companies. Step one to being

economically smart is to pay off debts or consolidate them at a low interest rate. "If I find a service member who is over extended, I will refer them to Navy/Marine Corps Relief Society (NMCRS)," explained Demuth.

"Service members need to think of the NMCRS as a first resource not a last resort," said Joy Wilson, director of NMCRS Charleston. "So often service members borrow money from high interest payday loan companies for issues that we could resolve by providing a low interest loan or grant."

Another option is using a local credit union or bank. Loans are often available at a much lower interest rate and that can add up to big savings. For example, currently the Navy Federal Credit Union website www.navyfcu.org lists the average interest rate on a "signature loan" at 11 percent annual percentage rate. Rates are based on personal credit history and can vary.

Right now, there are now about 1,100 stores in South Carolina. In the 12 months ending August 2004, they collected more than \$150 million in fees on almost 4.4 million loans - more loans than the number of people who live in the state. Payday loan companies are doing a steady business. Demuth just wants to cut down on the amount of revenue that is generated from Station military and family members.

"Don't worry. Everything discussed in my office is confidential. I lock my files and then I lock my office door," laughs Demuth. "I'm trying to reach as many commands as possible with my message." For more information on payday loans and personal financial development log onto www.nko.navy.mil. To make an appointment with Ann Demuth, call the Family Service Center at 764-7480 or e-mail anne.demuth@navy.mil.



Have some input, or something you'd like to see in The Shoreline?
Please submit to: shoreline@navy.mil or call: 843-764-4094

Preventing heat stress is easy, know the signs!

By ENS Kent Su
Navy Charleston Shoreline

Memorial Day marks the unofficial start of summer. So it's time to renew your commitment to physical fitness and start showcasing those sculpted bodies. But before running outside and exercising, make sure it's safe to be outdoors and know how to remain safe.

Sadly the U.S. Navy loses several service members each year to heat stroke and other heat related injuries. The best way to prevent heat related injuries is "drinking plenty of fluids, exercising during the cooler part of the day and taking time to acclimatize prior to starting a strenuous exercise program," according to Lt. Cmdr. Jeffrey Johnson, Naval Hospital Jacksonville Emergency Room Clinical Nurse Specialist.

Station Sailors need to be extremely cautious when exercising during the summer. Hospital Corpsman 2nd Class (SW) Dustin Sutherland, Charleston Naval Hospital Preventative Medical Technician, recommends examining personal fitness conditions before working out. "Sailors new to the area should wait several weeks before exercising outside. They need to let their bodies get used to the heat and humidity. Sailors should also be aware of their

own level of physical fitness. Someone who's in already in great shape can handle the heat better than someone who's older or out of shape." Following the simple rules of hydrating, applying sunscreen, and monitoring local conditions will make any workout heat stress safe.

Charleston's extreme temperatures and humid climate makes it easy to experience heat related injuries. So how do you protect yourself? First, sunburn is the most common heat related injury. Frequently applying sunscreen and limiting exposure to sunlight are the best ways to fight sunburn. Covering up, sunglasses and hats are also good protective measures.

Another heat related injury is heat rash and it occurs when sweat cannot easily evaporate from skin. The rash usually appears as pimples on the neck, groin area or under the arms.

Be aware that painful heat cramps, usually in the arms and legs, happen when there is an excessive loss of salt. If cramping starts, drink cold water and find a shady area to lie down.

Heat exhaustion is a serious problem and takes place when profuse sweating occurs but the individual doesn't have enough fluids to replace the amount lost. The individual will often get a headache, feel weak and tired, appear pale with cool

moist skin, and feel nauseous. Treat heat exhaustion by lying down in a cool, shady location and drinking plenty of water. Call medical authorities to get help with the rehydrating and recovering process.

Heat stroke is considered a life threatening medical emergency. It occurs when the body's temperature regulating system fails and sweating can no longer occur. This loss causes an increase in internal body temperature because the body can no longer evaporate heat. It can cause dizziness, confusion, accompanied by headache and nausea. The skin is red and hot to the touch. Heat stroke rapidly leads to delirium, loss of consciousness, coma and even death.

Someone undergoing heat stroke must be treated quickly by soaking his clothes with cool water and getting him to a cool shaded area. Quick medical treatment is necessary or else internal organs and the brain could be damaged, or the person may even die.

After taking necessary heat stress precautions, go out and get in shape. Going to Folly Beach, Isle of Palms, or other local beaches will feel better with a toned sculpted body. Plus being in shape increases the odds of living a longer, healthier life. For more information on heat related injuries log onto www.osha.gov/SLTC/heatstress or www.safetycenter.navy.mil

HEAT STRESS WARNING FLAGS



Black Flag
Physical training and strenuous exercise suspended for all personnel.



Red Flag
Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather.



Yellow Flag
Strenuous exercise and activity should be curtailed for new personnel during the first 3 weeks of heat exposure.



Green Flag
Discretion required in planning heavy exercise for unseasoned personnel. This is a marginal heat stress limit for all personnel.



White Flag
Extremely intense physical exertion may precipitate heat exhaustion or heat stroke, therefore, caution must be taken.

Bringing the great outdoors, indoors, a climbing wall near you

By ENS Kenneth Jew
Navy Charleston Shoreline

Computers, video games, and the internet have become deeply entrenched features of our family's daily lives. For most kids, time spent on the computer or on a video game console can have adverse health affects due to a decrease in physical activity.

The number of American children who are overweight has doubled in the last two to three decades and currently one child in five is overweight. A cheap and effective way to remedy the situation is to expose kids to recreational activities. But how do Naval Weapons Station Charleston families get physically active without suffering from the South Carolina heat?

Believe it or not, the Morale, Welfare and Recreation department has provided a means to bring the outdoors to the indoors. On the corner of Redbank Rd. and Fletcher St., inside the Outdoor Adventure Center is a 30-foot high climbing wall encased behind towering bay windows.

The artificial climbing wall provides Station service members and Department of Defense employees a means to enjoy the benefits of rock climbing without having a mountain or rocky formation in their back yard.

In the past, scaling cliffs and huge mountain peaks were considered the most legitimate form of climbing. However, within the last 10 years, rock climbing has become a relatively mainstream adventure activity due to the invention of artificial walls.

Although rock climbing is considered an extreme sport, the Outdoor Adventure Center has created around 20 routes on their wall that cater to both novice and expert climbers.



Photo by ENS Ken Jew

Just a little bit more...

ENS Kent Su is shown as he reaches "for the top" at the Outdoor Adventure Centers climbing wall.

The artificial wall allows for a broad range of people to enjoy the activity while at the same time, benefiting from a physical and mental workout. For example, an American Sports Climbers Association (ASCF) study found that rock climbers weighing around 140 to 190 pounds can burn up to 700 and 900 calories per hour respectively in a two to three hour session. In addition to offering an anaerobic and aerobic workout, rock climbing exercises almost every muscle group. Climbing two or more times a week can improve strength, muscular and cardiovascular endurance, flexibility, and mental toughness.

"No experience is required. In fact, we encourage first timers to enjoy the wall and offer a first-timer deal that includes free shoe and chalk bag rentals and a climbing certificate with the purchase of a one-day pass," said Lance

Parrish, Outdoor Adventure Center's recreation specialist. "For avid rock climbers, there are multi-day punch cards and membership cards at various prices."

According to Parrish, the Station's wall is unique compared to most artificial climbing facilities. The facility includes an auto belay system; therefore, a climb can be done without the need of a second person or staff supervising. Harnesses and helmets are provided free of charge with the only rentals being shoes and a chalk bag.

The Outdoor Adventure Center's climbing wall can be rented for birthday and family parties. An "extreme" rock climbing party is typically designed to suit climbers between the ages of 5 and 14 years old and after having booked the party in advance, families can enjoy two hours of climbing with full supervision and instructions and an experience they will never forget.

Climbing a wall is a great way to experience an extreme outdoor sport in a safe and cost efficient way while being indoors. It is open anytime the Outdoor Adventure Center is open. For more information about the climbing wall or if you have any questions or concerns about the sport or facility, call the Outdoor Adventure Center at 764-2120.





Leisure TIMES

MWR News For Navy Charleston

Unless otherwise indicated, Liberty trips and events are open to all hands of NWS Charleston and its tenant commands (active duty, civilian and dependents, ages 18 and up). Sign up for these events at the ITT office located in the Outdoor Adventure Center (Building 1700, Fletcher Street). The ITT/OAC/Liberty building is open from 11 a.m. until 6 p.m., Monday through Friday, and 11 a.m. to 4 p.m. on Saturday. Call 764-7002 or 764-2120 for more information or check us out on the MWR website at www.mwr.nwschs.navy.mil.

Sounds like a party to me...

Barracks Bash, Friday, Jun. 9, 5 p.m.

For those of you who came to the last bash, this one is going to be even better! There will be more activities, bigger prizes and, of course, more water balloons. Join us by the NNPTC Multi-purpose field where we will be partaking in wacky water games, great food and drinks and, of course, fun! For more information, please contact Kara at 764-7002.

Take me out to the Joe...

Charleston Riverdogs Baseball Game, Tuesday, Jun. 13 (van leaves OAC/ITT parking lot at 6 p.m. Game starts at 7:05 p.m.)

For those of you who were bummed out that we didn't get to see the Yankees live, here is the next best thing! The Riverdogs are the Yankees' farm team and everyone is guaranteed a good time at the games. The price of this trip is \$6 for ticket and transportation. Please sign up at the OAC/ITT by Jun. 9. Please bring extra money for food, drinks and souvenirs if you like. It will be fun for all! Contact Kara at 764-7002 for more information.

Hockey time!

Street Hockey, Thursday, June 15, 4:30 at the RINK

Bring your hockey attitude and own gear as we take part in a fun game of Street Hockey (minus the skates). This will be a fun and friendly game of street hockey that everyone from beginner to advanced can join in the action! Contact Kara at 764-7002 for more information.

Just for the ladies...

Girl's Night Out, Saturday, Jun. 17, van will be leaving OAC/ITT parking lot at 10:30

a.m.

Girl's it is time to glam up and get out of the barracks, away from your spouses and join in on a night of pampering and relaxation! How does a manicure or pedicure sound before the night of fun? The price for manicures is \$27 per person and pedicures are \$25, and then we will be heading to the America Theatre for a movie followed by some dancing in Downtown Charleston. For more information or to inquire about appointments for manicures and pedicures, please contact Kara at 764-7002.

What a kick!

Soccer Game, Tuesday Jun. 20, 4:30 p.m. at the NNPTC Multipurpose Fields

This event is open to men and women who are looking for a bit of athletic fun, some PT or just a friendly game. For more information, please contact Kara at 764-7002.

Know when to hold 'em

Texas Hold Em' Round 2, Thursday, Jun. 22, 6 p.m.

The Dive and Liberty would like to host another round of Texas Hold Em', with no entry fee, bigger prizes and, of course, intense poker action. For more information, please contact Kara at 764-7002.

Splatt!..I gotcha'

Charleston Paintball, Saturday Jun. 24, leaving OAC/ITT parking lot at 9:30 a.m.

Anyone need to let go of their frustrations while taking part in a little friendly game between shipmates? Everyone loves paintball, and the cost for this trip is only \$25 for admission, transportation and equipment. Please sign up at the OAC/ITT (Building 1700, Fletcher Street) by Jun. 16. For more information, please contact Kara at 764-7002.

Calling all "knights"

Jousting Challenge, Tuesday, Jun. 27, 4:30 p.m. at the NNPTC Multipurpose Fields

Come join the fun, as you and your shipmates can take part in an intense jousting match (no, not the real kind with horses and wooden jousts). The Liberty version is on mats, with helmets, and foam jousts. But the concept will be the same, as everyone battles it out to become the champion. There is no entry fee and prizes will be awarded to the champion and runner up! For more information, please contact Kara at 764-7002.

Pool Tournament, Thursday, Jun. 29, 4:30

p.m.

Many of you have been asking for it, so come join your competitors and Liberty at the Dive for a little game of 9-ball. There is no entry fee and all levels of competitors are welcome. Prizes will be awarded to the winners, and there will be discounts on food served at the Dive. For more information about this or other Liberty events, please contact Kara at 764-7002.

3 on 3 Basketball



Registration deadline announced for intramural 3 on 3 basketball

Registration for intramural 3 on 3 basketball is being held through June 29 at the Athletics office, Building 725, MenRiv Plaza. Play will begin July 10. To register or for more information, call the Athletics office at 764-7530.

Catch up with the rage!

The "Road Rage" is a 5K race held monthly and is run through Navy Housing. The race begins at 6:30 a.m. and is held the last Wednesday of each month. The next race is scheduled Jun. 28. All runners should meet outside of Sam's Gym Fitness Center on Jefferson Street. The race is free to all participants and is open to all active duty, retirees and dependents. No registration is required. Prizes will be awarded to the top male and female finishers in the following age categories: 18-22, 23-28, 29-34, 35-39, and 40 & over. Call 764-7530 for more information.



Tournament scheduled

Ryder Cup golf tournament scheduled at Redbank Plantation Golf Course

The Redbank Plantation Golf Association will have a Ryder Cup golf tournament on Saturday, Jun. 17 at Redbank Plantation Golf Course. This tournament will consist of two man teams (make your own team) and play will be as follows: holes 1-6 will be played alternate shot, no handicap; holes 7-12 will be played best ball of two with handicap; and holes 13-18 will be Captain's Choice, no handicap. Prizes will be awarded according to participation. A pre-tournament gala will be held at the clubhouse Friday, Jun. 16 at 7 p.m. and the association will provide food. The cost of the tournament is \$15 per person plus cart and green fees. Please note that all

golfers are welcome to participate in the association tournaments. Sign up for this tournament at Redbank Plantation Golf Course or call 764-7802 for more information.

Join us for our summer reading pro-



gram...It's fun!

Hey, kids! Sign up at the NWS Library now through June 15 for our summer reading program. Our theme is "Voyage to Book Island" for ages 5-12.

Participants must read 10 books and turn in their completed booklist by July 15. The first 25 participants who turn in their completed booklist may sign up for the "Voyage to Book Island" party, which will be held Friday, July 21 from 1 to 3 p.m.

Join us for summer reading and fun! For more information, call the library at 764-7900.

New Wave Aquatic Center and Eastside



Pool now open

New Wave Aquatic Center and Eastside Pool are now open for the swimming season and for your splashing pleasure! Following are the pool hours of operation:

New Wave Hours

Mon-Fri, 12-5:30 p.m.

Wednesday, 12-8 p.m. (Family Night)

Sat, Sun & Hol, 12 noon-7 p.m.

Military, Adult Lap Swim

Mon-Fri, 5:30-7:30 a.m.

Eastside Pool Hours

Mon-Fri, 12:30-6 p.m.

Tuesday, 12:30-8 p.m. (Family Night)

Sat, Sun & Hol, 12-7 p.m.

Military, Adult Lap Swim

Mon-Fri, 11:30 a.m.-12:30 p.m.

FEES

Daily Entrance Fee: \$2 (\$1.50 for E-4 & below)

Single Season Pass: \$55 (\$45 for E-4 & below)

Family Season Pass: \$100 (\$90 for E-4 & below)



IT'S SUMMERTIME...AND You can...

Go on a TRIP

Disney passes available at ITT office

Could you believe that you could be there? That's right, you could be at Disney World in Orlando. Prepare to be awed, thrilled and enchanted! This, without a doubt, will be the most magical and incredible time of your life. Tickets are available at the ITT office as follows:

- 3-Day Base Ticket** (allows you a choice of one park per day). Tickets for adults are \$176.10 and \$144.95 for children (ages 3-9).
- 4-Day Park Hopper Pass** (allows access to Magic Kingdom, Epcot, MGM Studios and Animal Kingdom anytime during your four-day visit. Water parks and Pleasure Island are not included). Tickets for adults are \$228.55 and \$194.55 for children (ages 3-9).
- 5-Day Park Hopper Pass** (allows access to Magic Kingdom, Epcot, MGM Studios and Animal Kingdom anytime during your five-day visit. Water parks and Pleasure Island are not included). Tickets for adults are \$232.45 and \$196.45 for children (ages 3-9).
- 6-Day Park Hopper Pass** (allows access to Magic Kingdom, Epcot, MGM Studios and Animal Kingdom anytime during your six-day visit. Tickets for adults are \$235.40 and \$198.45 for children (ages 3-9).

Stop by the ITT office for your Disney tickets today or call 764-2120 for more information.

Anheuser-Busch honors U.S. troops with Heroes Salute

Anheuser-Busch Companies, Inc. has announced its "Heroes Salute" to honor the U.S. Armed Services by offering free single-day admission to its SeaWorld and Busch Gardens parks through December 31. Any active duty military, active reserve, ready reserve service member or National Guard is entitled to free admission under the program. He or she need only register, either online at www.bx.com/usa or in the entrance plaza of participating parks, and show a Department of Defense photo I.D. As many as three direct dependents of military personnel also are entitled to free admission. Dependents may take advantage of the offer without their service member, though an adult must accompany minor dependents. For more information, call the ITT office at 764-2120.



Paramount's Carowinds Amusement Park

Paramount's Carowinds is one of the most popular family entertainment attractions in the Carolinas. The 105-acre theme and water park straddles the North Carolina-South Carolina state line and is located just 15 minutes from uptown Charlotte, North Carolina and 12 miles north of Rock Hill, South Carolina. The park features more than 50 state-of-the-art rides, shows and movie-themed experiences for all ages. Tickets at the ITT office are \$27 for children and adults.



Riverbanks Zoo and Garden

Located in Columbia, the 170 acres of Riverbanks Zoo and Garden are home to more than 2,000 animals representing more than 350 species from around the world. Tickets at the ITT office are \$6.30 for adults and \$5 for children (ages 3-12). Stop by the ITT office for our tickets or call 764-2120 for more information.

Sail a SHIP



Sailing lessons at Short Stay

Learn to sail at Short Stay Navy Outdoor Recreation Area in May hours over a two-day period. After successful completion of the course, certification will be issued.

Choose from these three scheduled classes: Jun. 17 and 18; Jul. 1. Classes begin at 8 a.m. The cost is \$75, which includes course materials. The classes are open to all eligible patrons of Short Stay. Students must be 18 or older and have a valid ID card. The classes are limited to the first six participants. Private instruction is available. For more information, call (843) 743-2608 or (843) 743-2366.



YOU DON'T KNOW WHAT TO DO...

Be a TOURIST



FORT SUMTER

Fort Sumter--America's most historic landmark

Fort Sumter Tours offer the only tour to Fort Sumter America's most historic landmark. You can board the ferryboat at the new National Park Service Visitor Education Center located conveniently next to the South Carolina Aquarium at Concord and Calhoun Streets. Boats also leave from Patriots Point in Mt. Pleasant. Tickets at the ITT office are \$12.30 for adults and \$5.25 for children (ages 6-11). Stop by the ITT office for your tickets.



Visit the USS Yorktown, the "Fighting Lady"

Located on historic Charleston Harbor, Patriots Point is home to USS Yorktown (CV-10), the "Fighting Lady." Onboard the deck of this famous World War II aircraft carrier, you can relive a momentous time in America's history. The "Fighting Lady" contains all the evidence of her past. One can see, touch, feel and smell the past, where young Americans fought and died to turn the fortunes of war in the Pacific. Tickets at the ITT office are \$11.80 for adults and \$6.45 for children (ages 6-11). Admission for active duty military in uniform is free. Stop by the ITT office for your tickets or call 764-2120 for more information.



IMAX Theater, Charleston

IMAX Theater in Charleston is the only 3-D theater in South Carolina that offers viewers the chance to go places they wouldn't ordinarily have an opportunity to go in their lifetime. Whether you climb the world's highest mountain, run with wild animals in Africa or take a spin with astronauts from NASA, large-format films provide viewers with larger-than-life experiences that educate, enlighten and inspire. Tickets at the ITT office are \$7.50 for adults and children. Stop by the ITT office for your tickets or call 764-2120 for more information.



Whirlin' Waters is gallons of fun

Whirlin' Waters water park at Wammamaker County Park, N. Charleston, is a water park adventure with gallons of fun for all ages. Come check out the many attractions like Otter Bay, Lily Pad Lagoon, the Big Kahuna, Riptide Run, Tubular Twister, the Big Splash Tree House and the Rollin' River. Tickets at the ITT office are \$12.85 for children and adults.

Let 'er RIP

Weeks Corner Courses are 16
feet, a "Class B" centerboard

5 and 16; and Jul. 29 and 30.

18 years of age and have a
license is available by
text 230.

Free SUMMER Movies

Showtime: 1:00 pm

<u>Wed, May 31</u> Robots (PG)	<u>Mon, July 10</u> Wallace & Gromit: Cure of the Werewolf (G)
<u>Mon, June 5</u> Fantastic Four (PG-13)	<u>Wed, July 12</u> Chicken Little (G)
<u>Wed, June 7</u> Sharkboy & Lavagirl (PG)	<u>Mon, July 17</u> Zathura (PG)
<u>Mon, June 12</u> Sky High (PG)	<u>Wed, July 19</u> Hoodwinked (PG)
<u>Wed, June 14</u> Herbie: Fully Loaded (G)	<u>Mon, July 24</u> Chronicles of Narnia (PG)
<u>Mon, June 19</u> Corpse Bride (PG)	<u>Wed, July 26</u> Snow White (G)
<u>Wed, June 21</u> Madagascar (PG)	<u>Mon, July 31</u> Harry Potter: The Goblet of Fire (PG-13)
<u>Mon, June 26</u> Dreamer (PG)	<u>Wed, Aug 2</u> Kicking & Screaming (PG)
<u>Wed, June 28</u> March of the Penguins (G)	<u>Mon, Aug 7</u> The Brothers Grimm (PG-13)
<u>Mon, July 3</u> Howl's Moving Castle (PG)	<u>Wed, Aug 9</u> The Legend of Zorro (PG)
<u>Wed, July 5</u> Valiant (G)	



Visit us at...www.mwrnavy.mil
For more information, call: 764-7634

New 2006-2007 State HUNTING & FISHING LICENSES & WPNSTA Permits



764-2120
Hours: Mon.-Fri. 11 am-6 pm Sat. 11 am-4 pm



ALL-NAVY GOLF TEAM TRIALS

AUGUST 1-4, 2006

NSA MID-SOUTH, MILLINGTON, TENN.

APPLICATION DEADLINE: JULY 1, 2006

Complete a Navy Sports application, available on the Navy MWR Web site at www.mwr.navy.mil/mwrprgms/sports/htm

For more information, contact Donald Golden, Navy Sports Program, (901) 847-8821/DSN 882, donald.golden@navy.mil

The NWS Youth Center graduates 25 years of Tiny Tots classes

By Glenn M. Cox
MWR Publicity Specialist

On May 12, the NWS Youth Center proudly graduated its 25th Tiny Tots classes. The 3 and 4-year-old Tiny Tots were congratulated for their achievements, complete with Tiny Tot diplomas, tasseled graduation caps and graduation photos.

The Tiny Tots Day Camp Program originated through an attempt to better utilize the Youth Center during the hours that the older children were in school. The Tiny Tots Day Camp Program at NWS Charleston's Youth Center consists



Pictured above are the 3-year-olds (standing, from left): Sophia Clemons, Marco Pineda, Jamie Byrd, Preston Shidaker, Romeo Clayton, Megan Thomas and instructor Ericka Council, and (seated): Elizabeth Ramsey, Scott Kamingo, Amara Kennedy, Cameron Geasy, Katherine DuBois and Journee Stevenson.

of a variety of activities including arts and crafts, music and rhythm activities, storytelling from books and flannel graph boards, mime and play acting, social games, sharing, and free play inside and out.

In the Tiny Tots Day Camp Program, education is stressed but not at the expense of recreation. Education is incorporated into the daily recreational activities.

The children's parents are invited to closing day ceremonies the last day of each session. Each group participates by either singing a couple of songs or putting on a short play. Each child receives a Tiny Tot diploma. Closing day ceremonies is a special day with special treats for snack time and a visit from a special guest (a clown, lion or mouse)!

"The Tiny Tots Program ideas that I have used came from a Tiny Tots Program Manual published by the Naval Station Special Services Department at San Diego," said Betty Brandhorst, Youth Center director. The work was done by a college intern, Ms. Michele Levada, from Chico State University during the fall of 1979. "The Tiny Tots Program at NWS Charleston is a conglomeration of ideas from this manual and my own ideas and experiences as Youth Center director and Summer Fun Day Camp director," Brandhorst continued.

"I sincerely believe that the Tiny Tots Day Camp Program is one of the best programs we have to offer at our Youth Center," Brandhorst said. "The Tiny Tots Program provides leisure time for mothers, as well as directs the education and leisure time of the children involved in the program." In addition to this, the Tiny Tots Program provides much needed revenue.

Recipe for a successful Tiny Tots program

Take 4 recreation aides
Add 1 Youth Center director
Mix well with 3-5 Yr. olds
Toss gently with:
One scoop of love
Two scoops of understanding
Three scoops of patience
And you will have a great "batch" of Tiny Tots!



Pictured below are the 4-year-olds (standing, from left): Jalen Moore, Kyle Candy, Katie DuBois, Gracie Richter, Evan Hughley, Devin Boykins and instructor Bobbie Pesterfield, and (seated): Cole Kunzelman and Ginaca David.

Photos by David Holt

How to defeat a bicycle thief: engrave it!

By JO1(SW) Brianna K. Dandridge
Navy Charleston Shoreline

Looking for a stolen bicycle can be a lot like Pee Wee's Big Adventure. A classic 1980's movie about an adult nerd's many adventures while attempting to recover his stolen bicycle. If your bicycle is your pride and joy here are a few helpful hints to keep it safe.

Remember to choose a good lock for your bike, secure your lock properly and record the serial numbers.

Avoid using wire and cable locks because they are really easily cut. U-locks are the best choice, especially the smaller ones. Big U-locks with lots of space are easier to break. Using multiple locks and locks made of hardened steel gives an owner a better chance of keeping a bike safe.

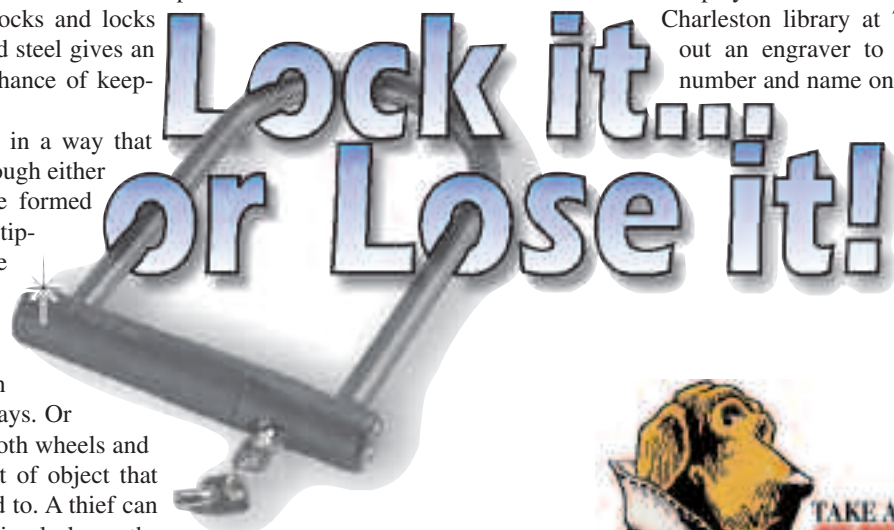
Secure bikes in a way that the lock runs through either the main triangle formed by the seat-tube, top-tube, and the down tube, or the rear triangle formed by the seat-tube, chain stays, and seat stays. Or use the rims of both wheels and the strongest part of object that the bike is locked to. A thief can take a bike and simply leave the wheel behind. Remember to position the keyhole of the lock downwards if possible because it

makes it harder to drill through.

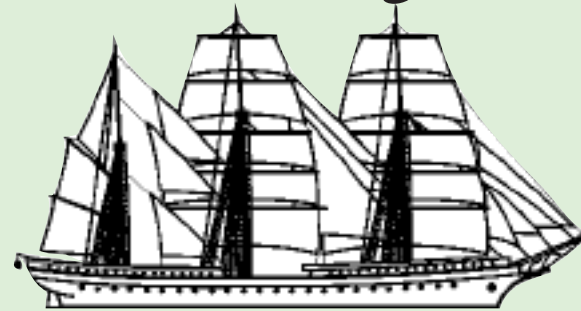
Whenever possible use two locks because a thief will have to work harder and longer to steal a bike. Consider using two different styles of locks, as it would take different tools to defeat the locks.

If a bike doesn't have a serial number, Station members can go to the base library and check out an engraver - free. Be sure to register all bikes with base security department or join McGruff and register bikes at www.nationalbikeregistry.com. A bike registered with NBR, the only true national database, can be identified by police and returned to if found instead of being sold at auction.

Just stop by or call the Naval Weapons Station Charleston library at 764-7900 to check out an engraver to put an identifying number and name on a bike.



Jonah's Regatta



Vacation Bible School

June 19th - 23rd
Good Shepherd Chapel

Morning Session

9:00 - 11:30 a.m.

Evening Session

6:00 - 8:30 p.m.

Call

764-7222 or 824-1626

or 324-8646

for information and registration



Meeting Your Needs. At Home. At Sea.

Looking for a job?

Family Employment Readiness Workshop

Held every Tuesday 10:00 - 11:00 a.m. at FFSC, Bldg 755. This workshop provides assistance, information and referral on employment and educational resources and opportunities. A local staffing agency is available after the workshop. Call 764-7480 for more details.

Feeling Stressed?

Join Fleet and Family Support Center on June 13 from 1:00-4:00 p.m. for a Stress Management Workshop that could help to change your life! This workshop provides a positive, productive discussion on the critical topic of stress. The workshop is interactive and... it's fun! Talk openly about concerns; be introduced to alternative ways of dealing with stressors. Learn to accept change by exploring options; and develop solid stress coping skills to boost morale and prevent burnout. For more information, call 764-7294.

Schedule of Workshops

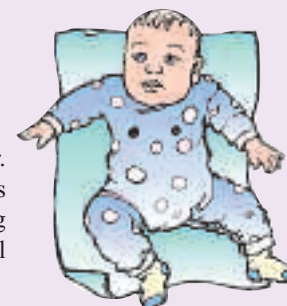
June 10	10:00 a.m - 4:30 p.m	First Time Homebuyers Workshop
June 13	1:00 - 4:00 p.m.	Stress Management
June 14	Noon - 1:00 p.m.	Basic Investing-bring your lunch!
June 17	8:00 a.m.- 4:00 p.m.	Marriage Prep
June 19	9:00 -11:00 a.m.	Infant/Child CPR
June 20	1:00 - 4:00 p.m.	Anger Management
June 22	9:00 -Noon	Smooth Move
Every Tuesday	10:00 - Noon	Family Employment Readiness Program
Every Wednesday	9:30 -11:00 a.m.	Play Mornings
Registration is required.		
Fleet and Family Support Center 843-764-7480/7294		

Playmornings

Are you looking for baby and toddler activities?

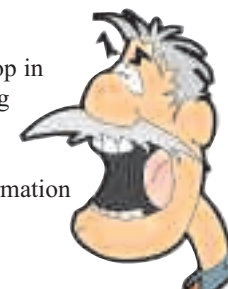
Come, join us!

Every Wednesday from 9:30-11:00 a.m. at the MenRiv Community Center. Parents have the chance to network and develop friendships with other families involved in the program. Parents will have fun with their child while enjoying story time, crafts, music, play time and snacks. For more information please call Mary Jefferson, RN at 764-7294 ext. 30



Need help in effectively controlling your anger?

Fleet and Family Support Center (FFSC) is holding an Anger Management workshop in Building 786. We all know what anger is, and we've all felt it: whether as a fleeting annoyance or as full-fledged rage. Anger is a completely normal, healthy emotion unless the emotion controls your life. Come join us June 20 at 1-4 p.m.! Learn tips and techniques to help control rage and increase your quality of life. For more information or to sign up, please call 764-7294



MOMAU-11 participates in “Trident Fury”

By Senior Airman Danny Monahan
Minot Air Force Base Public Affairs

Team Minot B-52H Stratofortress crews joined U.S. Navy, Canadian Forces, British Armed Forces and other NATO allies as part of Trident Fury to exercise service and coalition warfighting interoperability.

The exercise, held from May 9 to 18, is a multi-national training event combining land, sea, and air components lead by Canada’s Joint Task Force Pacific headquarters.

Trident Fury is also the largest training exercise ever to be held off the west coast of Vancouver Island, British Columbia, Canada. Approximately 2,000 soldiers, sailors and Airmen took part in the 11-day war game, using more than 50 aircraft and several naval vessels.

“Trident Fury is a strenuous test of our compatibility and all aspects of our warfighting ability,” said Maj. Glenn Shilland, 5th Operations Support Squadron. “It is incredibly important that we practice in these joint combined exercises, because that is how we deploy globally - with our sister services and allies.”

Minot’s role was to fly two sorties a day participating in “Red vs. Blue” exercises preparing for a May 16 actual weapons release. On May 16 Minot successfully delivered 18 MK-62 Quickstrike training mines dropping them in the Strait of Juan de Fuca, a strait between northwest Washington State and Vancouver Island.

“Our involvement in Trident Fury was a full spectrum conventional work-out, which could not have been performed by any airframe other than the B-52,” said Major Shilland. “Our crews flexed their muscles to the max.”

In order to outfit the B-52s with mines, the U.S. Navy sent a team from the Mobile Mine Assembly Unit 11, Charleston, S.C., here to provide and support the assembly of the 18 MK-62 Quickstrike training mines for the exercise.

“MOMAU 11 is the only service and exercise and training shop in the continental U.S.,” said U.S. Navy Lt. Cmdr. Marquis Patton, MOMAU 11 commander. “Our primary mission is to maintain the nation’s preposition war reserve mine stockpile and to provide exercise and training mine material in support of the Armed Forces, including Minot.”

The Minot’s 5th Bomb Wing is one of only three units in the Air Force arsenal that can transport naval mines.

“Trident Fury was a great opportunity for the 5th Bomb Wing to display B-52 capabilities, get realistic combat training and integrate with not just other Air Force units but U.S Navy, Canadian Navy, our U.K. counterparts and Canadian forward air controllers. It also allowed us to get training releasing actual mines,” said Capt. Michael Pritchett, 5th OSS wing weapons officer and Minot’s mission planning cell team chief for Trident Fury.



MOMAU-11 technician performs final inspection of a MK-62 Quickstrike training mine prior to deployment as a part of the “Trident Fury” training exercise held off the west coast of Vancouver Island, British Columbia, Canada.

www.nwschs.navy.mil

Freedom Fest
Marrington Plantation
FREE!

Saturday July 1

Gates Open: 5:00pm

Live Music from PLANE JANE 6:00-9:00 pm

FIREWORKS SHOW! Starts At 9:00 pm

MECHANICAL BULL RIDES!

JOUSTING & SUMO WRESTLING!

“GRAB FOR CASH” BOOTH!
Presented By First Command

Prizes! Cold Beverages! Great Food! Kids’ Games!

Presented By Your MWR Department. Additional Sponsorship Provided By Charleston Mitsubishi

Open All Year!

Short Stay

Navy Outdoor Recreation Area
www.shortstay.nwschs.navy.mil

44 Lakeside Villas • Conference Center • Camping
RV Sites • Fishing • Boat & Tackle • Boating • Boat Rentals
Swimming • Playground • Picnic Areas • Convenience Store

Short Stay, located on beautiful Lake Moultrie near the town of Moncks Corner, S.C., is operated by the Naval Weapons Station Morale, Welfare Recreation Department to provide a quality recreation experience for our nation’s military personnel and their families.

211 Short Stay Road, Moncks Corner, S.C. 29461 (843) 743-2608 1-800-447-2178



Housing requirements survey

Have you completed the housing survey yet? The purpose of this survey is to collect factual information regarding the current housing situation of military service members at the Air Force and Naval Weapons Station Charleston installations. The survey is strictly confidential. The information will be analyzed and no personal information will be reported. This survey is for all military members, Navy, Air Force, Marine Corps, Coast Guard, and Army currently living on-base or off-base.

To access the survey, log onto www.airforcehousing-survey.us. When prompted, select "Charleston" from the pull-down menu and enter the Password: char6080. The password is case sensitive and is to be entered as shown.

Your input is extremely valuable. Please take a few minutes to access and complete the survey. The results will be used for planning the future of local military Family Housing.

Is your child safe?

Family Housing residents are reminded that although South Carolina State law does not mandate a minimum age at which a child may be left unattended by parents or guardians in a residence. There is a WPNSTA CHASN INSTRUCTION 11101.22 command policy that does set a minimum age limit. "Military Family Housing (MFH) residents who elect to leave a child unattended at their residences will assure that the child has attained the age of at least 12 years. Parents must assure that the child is of responsible character and possesses sufficient knowledge and capability to contact the parents or emergency response organizations should the need arise." Parents, who find it necessary to leave children unattended at their quarters, should keep this requirement in mind.

Birth Announcements

If you would like your baby's birth announced in the Shoreline, call Laurissa Kennedy, Housing Welcome Center, 764-7228/7218 ext. 13.

Don't jump the fence

Parents are urged to remind their children not to walk through neighbors' yards, or jump over the perimeter fence located behind Lafayette Street. Please ensure that your children walk around the fence to access the swimming pool and the basketball court.

Yard sale advertising

The Housing Welcome Center will post addresses of residents having yard sales on the Yard Sale Board. To have your address placed on the Yard Sale Board, contact Housing at 764-7218 by 5pm, on the Thursday prior to the sale.

Posting of any signs in housing, or anywhere, on Naval Weapons Station Charleston is strictly prohibited. Signs posted on telephone poles and streetlights will be removed and the party placing them will be contacted.

For residents having items for sale or other notices to

publish, the classified section of the Shoreline newspaper is an excellent resource. The Shoreline is published and delivered to housing residents twice monthly and classified ads are free for active duty, and reserve personnel.

Ads must be no more than three lines (42 letters and spaces per line) and must be emailed to classifed@digglepub.com. Please include name, rank, a duty station phone number, and a home phone number. Ads submitted in all caps will not be run. Free classifieds must be for personal use and cannot be business in nature.

MENRIV Community Center

The Community Center is available to provide a convenient and functional meeting place for activities that support Navy families, e.g., Navy Spouses Club, birthday parties, family reunions, wedding receptions and classes sponsored by the Fleet and Family Support Center. For each reservation, a sponsor must be assigned who is active duty military or the spouse of an active duty military member, unless part of an organization, i.e., Fleet and Family Support Center or other personnel supporting activities.

In order to reserve this facility, the following is required:

- * During the regular workweek, Monday through Friday, the check-in inspection is conducted at 8:30 a.m. on the day of the scheduled activity. The check-out inspection is scheduled for 8 a.m. the following morning.

- * For weekend reservations, the check-in inspection is conducted at 8 a.m. on the Friday of that weekend. The check-out inspection is scheduled for 8 a.m. on the Monday following morning.

- * For holidays, the check-in inspection is scheduled for 8:30 a.m. on the normal workday just prior to the holiday and the check-out inspection is scheduled for 8 a.m. on the first regular workday.

- * Cleaning supplies and plastic garbage bags are not provided; each sponsor must bring their own supplies.

Special Note: After use, cleaning must be accomplished prior to securing the Center. Each sponsor must return the center in the same condition as it was received. Also, remember to check all doors prior to leaving. If the building is left unsecured, the sponsor will be required to pay a \$10 fee.

If you would like to reserve the center or have any questions about the use of the building, please contact the Housing Welcome Center, 764-7218/7219.

Bachelor Housing Unit of the Quarter Winners

Congratulations to Cmdr. Abel Ramirez, Naval Nuclear Power Training Command and Lt. Rodney Robinson, Naval Hospital Charleston for earning the Unit of the Quarter Award for Bachelor Housing. Keep up the good work!

Bachelor Housing Note

Resident Advisor meetings are held quarterly and all residents are welcomed and encouraged to attend. Our next

scheduled Resident Advisors meeting will be held on June 15, at 2:00 p.m. in the Bachelor Housing Lounge. Your ideas and cooperation will enable us to improve services provided to you. A suggestion box is also located at the front desk in Bachelor Housing, or email the BH manager at florentino.bustos@navy.mil.

Bachelor Housing residents are assigned a numbered carport correlating to their assigned unit. There is only one carport for every two occupants; therefore, parking under these carports are first come, first serve. Personnel owning two or more vehicles, shall park only one under the designed carport. Additional parking is available in areas adjacent to units. Do not park on the grass. Offenders will be issued tickets and multiple offenses could lead to the vehicle being towed at the owners' expense. Parking in Bachelor Housing employee's parking spaces is authorized after the hours of 4 p.m.; vehicle should be moved prior to 7 a.m.

Daily living standards are established to ensure the health and safety of all Bachelor Housing residents. The cleanliness of each room shall be the responsibility of the resident. Residents shall be jointly responsible for the cleanliness of common use areas. Cleaning supplies, steam cleaners and other cleaning equipment are available for check out at the BH front desk. Residents shall obtain cleaning gear only as required for immediate use. Carpet shampoo machines are available for check out for four-hour timeframes, and should be returned promptly. Residents are responsible for the cleanliness and sanitation of both the interior and exterior of their assigned unit. All residents are to ensure their quarters meet the following standards:

- * Empty trash cans daily.

- * All bedrooms should be locked when resident is not in quarters. Failure to comply will result in an automatic "UNSAT" for that bedroom during scheduled inspection.

- * Floors and rugs will be free of debris and personal gear. Decks will be swept and swabbed. Vacuum carpets once a week at minimum.

- * Furniture, light fixtures, windowsills, ledges and frames must be free of heavy dust.

- * Personal gear shall be stored in appropriate areas. All laundry will be stored in laundry bags, hamper, or closets.

- * All beds will be properly made with no accumulated dirt under the bed.

- * Refrigerators will be clean and frost free.

- * Dryer vents will be clean.

- * The outside of the front door, the porch and walkway, and exterior light fixtures. Back porch will be swept and clean.

- * Exterior storage room will be clean and free of clutter.

- * Bicycles will not be stored inside unit. Use exterior storage room or bike locker located at the front office.

- * Dismantled smoke detectors are considered an automatic "UNSAT."

- * Dartboards are prohibited in all BH living spaces.

For questions or concerns contact the BH front desk at 764-7646.